



ROAST MACKEREL AND SIMPLE VEG

An easy one-pan meal, serve with warm crusty bread and a green salad



INGREDIENTS

- **2 sweet potatoes**
- **2 leeks**
- **150ml (1/4 pint) vegetable stock**
- **1tbsp olive oil**
- **300g (11oz) mackerel fillets**
- **200g (7oz) on-the-vine cherry tomatoes**
- **50g (2oz) pitted black olives**
- **1 lemon**

Per serving

Calories: 320

Total fat: 18g

Saturated fat

4g

Total carbs:

24g

Cooking Info

Prep time: 5

Cook time: 25

Serves 4

METHOD

1. 1 Preheat oven to 200°C (180°C fan) mark 6. Put 2 chopped sweet potatoes and 2 chopped leeks into a roasting tin. Pour 150ml (1/4 pint) vegetable stock over, then drizzle with 1tbsp olive oil. Season and roast for 15–20min.

2. 2 Add 300g (11oz) mackerel fillets, 200g (7oz) on-the-vine cherry tomatoes and 50g (2oz) pitted black olives. Squeeze the juice of 1 lemon over. Roast for 10min or until mackerel is cooked through and tomatoes are starting to soften.

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